

CHOCOLATE AND BERRY SWISS ROLL

adapted from James Martin BBC Hands On Workshop

ingredients:

for the Swiss roll:

2 eggs

55g caster sugar – I used fructose

50g self raising flour

5g cacao and more for dusting

for the filling:

125mls cream

24 assorted berries

method:

for the Swiss roll:

preheat the oven to 180° Celsius

line a small Swiss roll tin with baking paper

whisk together the eggs and the sugar until they are light, fluffy and thickened

sieve together the flour and the cacao

fold the flour into the eggs until well combined

pour the batter into the tin and smooth the top with a spatula

bake for 8 – 10 minutes – watch from 8 minutes as you want a skewer to come out clean and you don't want the surface to crust

place a piece of baking paper on your work surface that is larger than the Swiss roll

dust lightly with cacao

turn the sponge out onto the baking paper and then peel the baking paper *gently* off the exposed side of the sponge

set aside to cool slightly

whisk the cream until stiff

spread the cream over the sponge, leaving a 2cm gap along one of the long sides

on the long side that has the cream to the bottom, place a row of berries

and then place a second row quite close to the first one

starting at this edge, use the baking paper to roll up the sponge to form the Swiss roll

make sure you press tightly to encase the filling

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